



2025

TrailLink Unlimited 

Guides



**Derry Rail
Trail**
New Hampshire



Derry Rail Trail

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This exquisitely maintained 3.6-mile paved rail-trail slices through forested areas and wetlands for a wonderful experience in southern New Hampshire.

About the Route

Starting at the southern end, just north of the Windham Depot, the asphalt trail immediately enters a wooded area that invokes a very remote feel for such a populated area. You may see the occasional heron or turtle venturing out of the neighboring wetlands.

The trail crosses Beaver Brook over a beautiful stone arch bridge; the middle of the bridge is known locally as

Lover's Leap, and while the origin of this name is not confirmed, it is rumored to have American Indian roots. The trail then enters the quaint downtown area of Derry and crosses East Broadway, where there are bike shops, restaurants, and ice cream shops.

The paved section of trail ends in Hood Park, which has a variety of outdoor and recreational amenities, including picnic tables, a playground, basketball courts, and a large pond with a waterfront area. The pond contains multiple species of fish and is stocked annually with brook trout and rainbow trout.

If you are feeling adventurous, you can continue on the trail along the west side of Hoods Pond on a dirt path for another 0.3 mile until the path ends. Because this section is not paved, it is only suited for mountain biking and hiking. The plan is to eventually pave this section and create a seamless connection with the Londonderry Rail Trail, which currently begins approximately 1 mile to the north.

Connections

The trail will eventually be part of the Granite State Rail Trail, which is realizing the grand vision of creating a 125-mile trail from the Massachusetts to Vermont border. The Derry Rail Trail already makes a seamless connection with the 4.3-mile [Windham Rail Trail](#) at its southern endpoint and will eventually connect in the north with the [Londonderry Rail Trail](#), which stretches 3.3 miles to Manchester. Connect to the 18.3-mile [Rockingham Recreational Rail Trail \(Fremont Branch\)](#) by heading southwest for 0.2 mile on the Windham Rail Trail and turning left onto the new trail just after Depot Road.



Derry Rail Trail

New Hampshire

States: New Hampshire

Counties: Rockingham

Length: 3.6miles

Trail end points: Windham Rail Trail at N Lowell Rd/Windham Rd & Brown Rd to N High St between Madden Rd & Ash St Ext (Derry)

Trail surfaces: Asphalt

Trail category: Rail-Trail

Trail activities: Bike, Wheelchair

Accessible, Horseback Riding, Mountain

Biking, Snowmobiling, Walking, Cross Country

Parking & Trail Access

The Derry Rail Trail runs between the Windham Rail Trail at the intersection of N Lowell Rd/Windham Rd & Brown Rd and N High St (Derry).

Parking is available at:

- Hood Park, 4 Rollins St (Derry)

Please note that the Abbott Court Lot has a covered stairway on the east side of the lot that provides access to the trail. Cyclists can follow Abbott Court and take a right to Merchants' Row.

The Merchants Row Lot (Derry) has two hour free parking and is located right at the entrance to trail, which makes it more accessible for those using mobility aids, strollers, or who may prefer to avoid the stairs.

Visit the [TrailLink map](#) for all parking options and detailed directions.



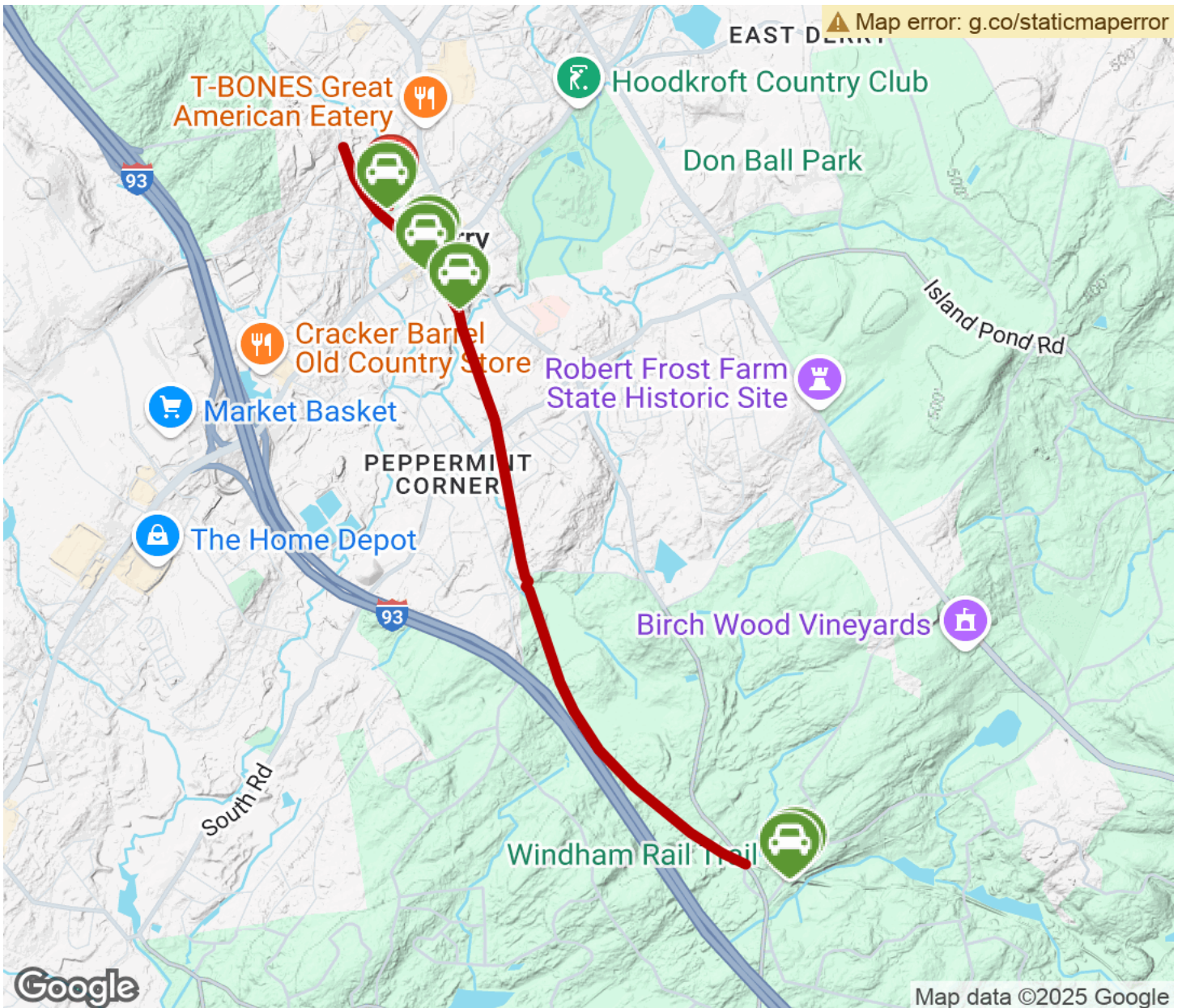
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Derry Rail Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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